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Country Doctor's Book of Remedies & Cures

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The *Country Doctor's Book of Remedies & Cures* is helpful tip book that offers dozens of simple, down-home ways to prevent and treat everyday health problems. You will save money by using salt water and herbs, and making lifestyle adjustments for common ailments.

The book's 64 pages are divided by ailment-such as arthritis, nausea and vomiting, and snoring-making it easy to find the home remedy you are seeking. The hundreds of short, easy-to-follow tips reveal the wisdom of the storied country doctor, including:

- How to relieve hay fever and other allergies with horseradish.
- Why visiting the nearest swimming hole is a proven remedy for sore muscles.
- What eating sesame seeds does to your intestines to ease constipation.
- Which herbs can help ease fevers, headaches, and stomach aches.

The *Country Doctor's Book of Remedies & Cures* is spiral-bound and lies flat when open for easy use.

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